

UNDERSTAND THE ISSUE ACTIVITY:

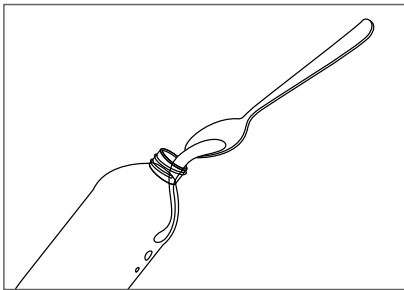
# MAKE A STRESS BALL

By making this stress-reliever with your Scouts they will learn more about stress and mental health

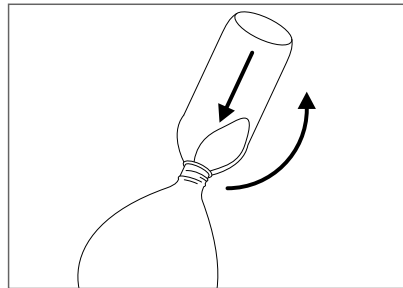
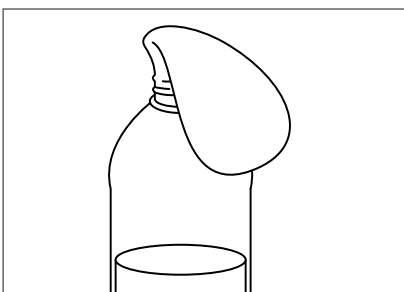
SUITABLE FOR ALL SECTIONS

**1** For a typical palm-sized stress ball, you'll need approximately 160ml–240ml of filling per stress ball.

**2** Blow up the balloon slightly (optional). This isn't always necessary, but can be useful if the balloon isn't elastic enough to fit the filling. Blow it up to about 7.5cm–12.5cm across, then pinch the neck shut without tying it.

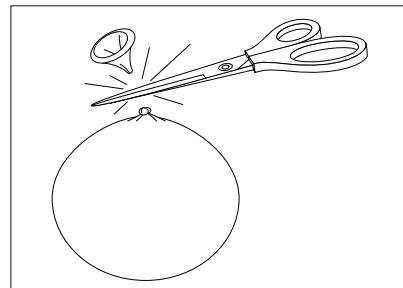


**3** Stick a funnel into the neck. If you do not have a funnel, spoon the filling into a plastic bottle instead, and fit the balloon over the neck. Slowly fill the balloon to avoid clogging the neck of the balloon. For a palm-sized ball, you'll want to fill the balloon approximately 5cm–7.5cm deep.



**4** Remove the balloon from the funnel and let out as much air as you can. Tie the neck of the balloon closed tightly.

**5** Use a pair of scissors to cut off the dangling end of the balloon. Now you can decorate your stress ball.



**6** While making the stress ball, ask your young people:

- What is stress?
- Why and when do you feel stressed?
- Can you think of anything that helps you feel better while you're stressed?

Reflect on how stress is connected to mental health.

TIME NEEDED

**15** minutes

**EQUIPMENT NEEDED**

- balloons
- plastic bottles or funnels
- scissors, pens or markers
- a filling (flour, corn starch, dry rice or lentils)

**THIS ACTIVITY LINKS WITH THE FOLLOWING BADGES**



Community Impact Staged Activity Badge



Beaver Skills Challenge Award



Scout Creative Challenge Award



Beaver Creative Activity Badge

**NEXT STEPS**

You have completed:

The next step is to:



Go to [amillionhands.org.uk/bigmoment](http://amillionhands.org.uk/bigmoment) for a PLAN ACTION activity.

**DOWNLOAD THIS PAGE**

Find this and other great activities at [scouts.org.uk/magazine](http://scouts.org.uk/magazine).